HealthAngel.com User Registration / Preferences

		Lower Body Focus
Name	Monday	Upper Body Focus
A coress	Tuesday :	Care Body Focus
		Total Body Focus
- City State Zo	6:00 A.M.	4. The second se
Telephone Editing Telephone D	ਜ <u>ਤ</u>	□ [Arm Injuries
	3:00 P.M.	Leg Injury
ETTOR	6:00 P. M.	Back Injuries
	12	

Figure 1

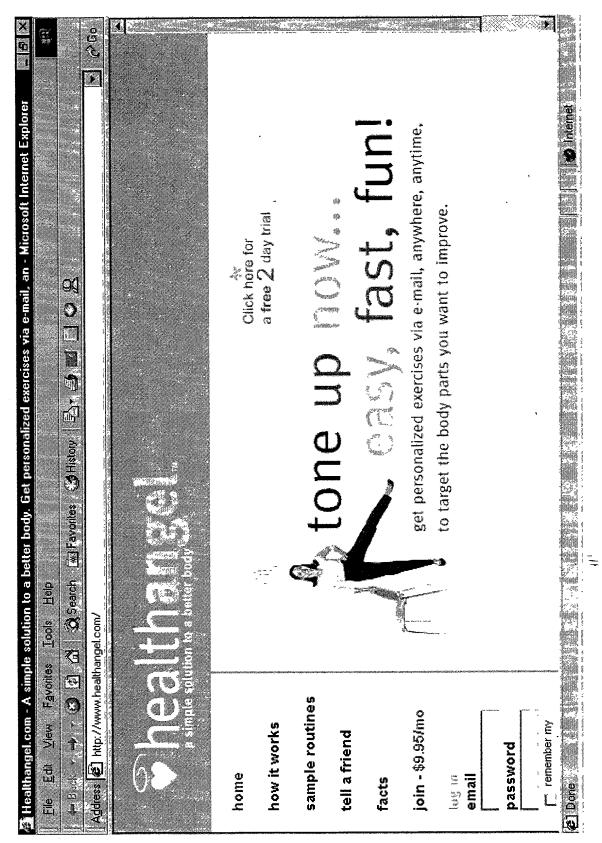
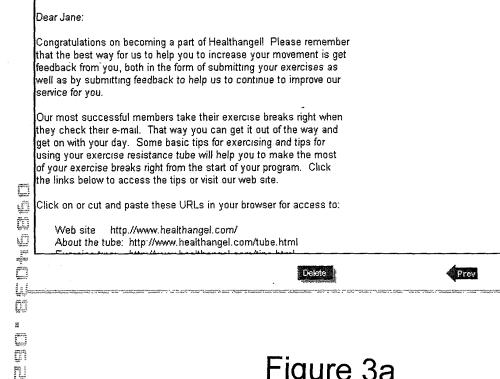


Figure 2



America Online - [Thank you for signing up with Healthangel!]

Thank you for signing up with Healthangel!

6/27/2001 2:58:30 PM Eastern Daylight Time info@healthangel.com (Healthangel)

ξį.

My Files

(2) Type Search words, Keywords or Web Addresses here

My AOL

<u>F</u>ile <u>E</u>dit <u>W</u>indow <u>Sign</u> Øif <u>H</u>elp

To: imboct@aol.com (Jane)

Write

Subi:

_

Mail Center Print

Figure 3a

Favorites Internet, Channels

Quotes

Calendar

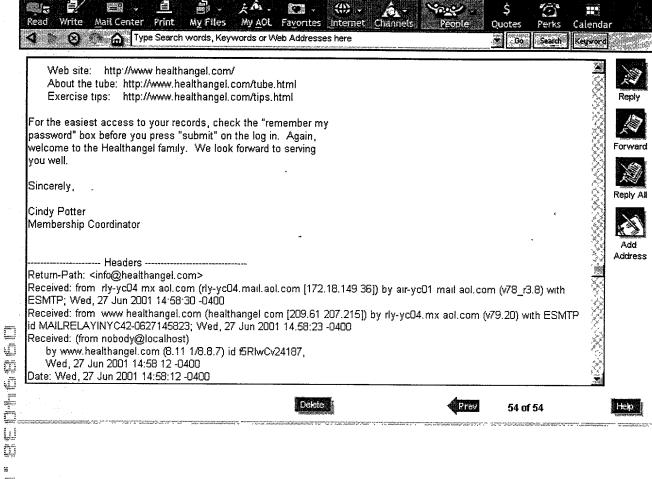
Add

Address

Help

♥ Go Search Keyword

54 of 54



🐔 America Online - [Thank you for signing up with Healthangel!]

File Edit Window Sign Off Help

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Figure 3b

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Figure 4

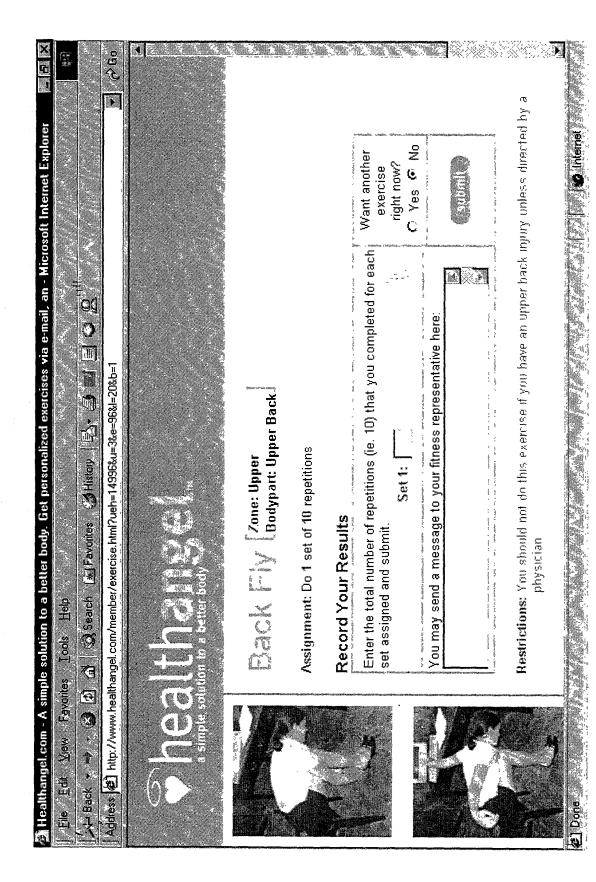


Figure 5

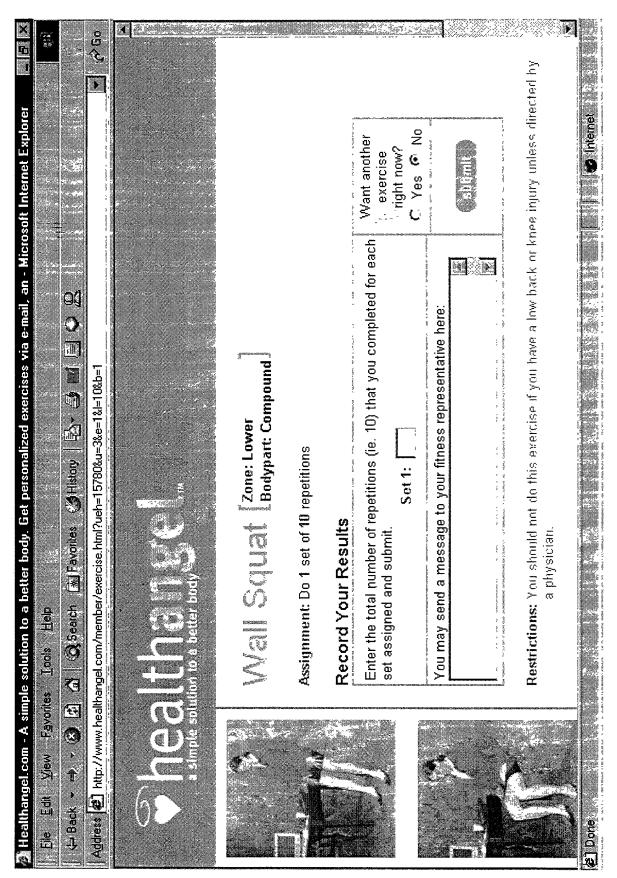


Figure 6

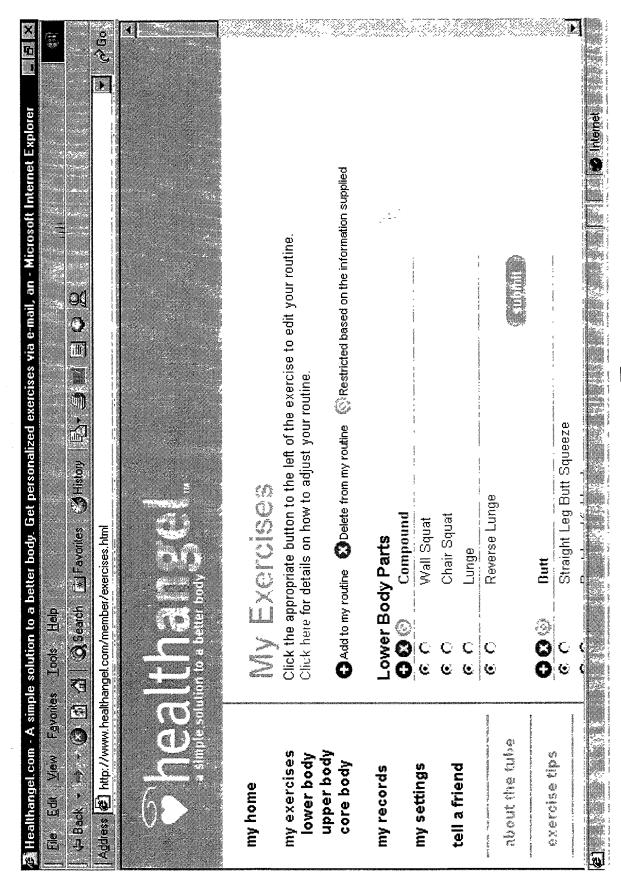


Figure 7

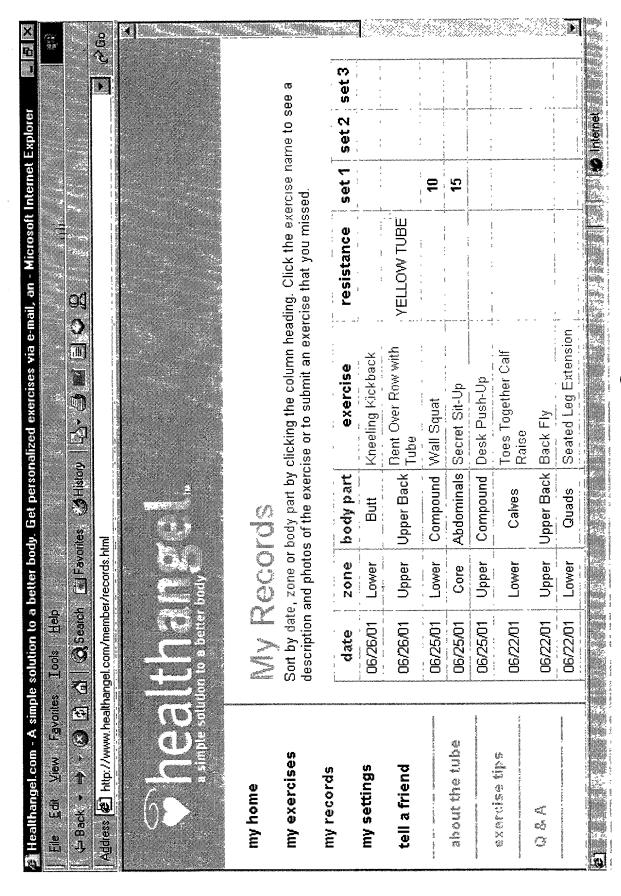


Figure 8

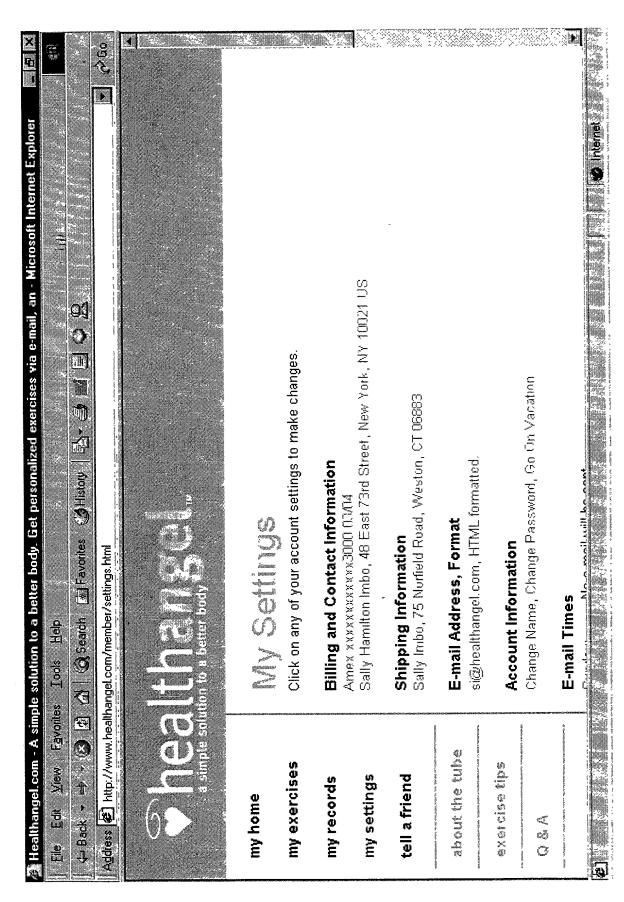


Figure 9



Name and Account Information First Name Preferred Name Jane If you would like us to call you by Last Name something other than your first name, please enter it here. E-mail Address Choose a password imboct@aol.com Confirm your e-mail address Please confirm your password imboct@aol.com Password reminder hint Wet dog How did you hear about Healthangel? Television Today show

Send me : HTML formatted e-mail, C text formatted
* AOL users please he sure to select text formatted e-mail

Figure 10a



Where will you open and perform your Healthangel breaks?

We have divided our exercises into four categories of environment. They range from the most flexible environment (home/hotel) to the least flexible environment (public office area). Please indicate your comfort level where you will perform your exercise breaks by selecting one of the environments below. We will send you exercises that we have determined are most appropriate for the environment that you have chosen.

Regardless of what you select now, you will have the opportunity to change your environment by logging in and entering the "my settings" section of the web site. We discourage you from changing environments frequently, since that will change the collection of exercises that we send you and thereby affect your progression in those

C Home/Hotel

C Private Office

C Semi-Private Office

C Public Office

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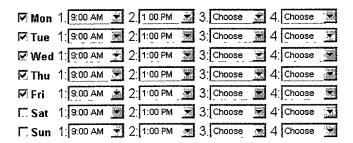
home | privacy policy | accutius | research | feedback | tell a frienci Copyright © 2001 Healthangel.com, Inc. All rights reserved.

Figure 10b



On what days and at what times would you like us to e-mail you?

Check the box by each day you want to receive an e-mail and select up to four times you want to receive them. We suggest starting with two times a day, and adjusting up or down from there.



Let's synchronize our watches so that you get your breaks on time.

Right now it is Wed at 02:45 PM

Would you like us to send you reminders?

Figure 10c

G 44 ą p **3** 3

Choose a program to get a workout that targets the body parts that you want to improve.

- Great Legs and Butt Exercises for Legs and Butt only
 - C. Great Arms Exercises for Arms only
- C Great Abs and Waist Exercises for abs, waist and lower back only
- © Total Body Exercises for all body parts
- C Lower Body Focus Total body workout with more lower body exercises
- C Upper Body Focus Total body workout with more upper body exercises
- Core Focus Total body workout with more abdominal and lower back exercises.

When your signup is complete, you can add or delete exercises from your routine to personalize it even more. Just log in to the member site and click on the "my exercises" section to add or remove exercises. from your routine

In order to assist us in placing you at the appropriate starting point, please indicate which sentence below best describes you.

As you work through your program, we will adjust it to be more difficult as you get stronger, however, it is harder to make your program easier, so please choose your starting level accordingly

- Fitness Level 1: You have had little or no experience with fitness, or you haven't done anything in the last several months, or you have had physical limitations that require you to start out slowly.
- ் Fitness Level 2: You have fitness experience and have exercised in the past few weeks and you are familiar with the proper form for basic exercises
 - ் Fitness Level 3 You have had extensive fitness experience, you exercise regularly without fail, you know the proper form for basic exercises and practice it regularly and you have no injuries or Imitations.

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Figure 10d

| B 🕏 Internet



Please check any area of your body with exercise restrictions or limitations.

Selecting a body part will delete certain exercises from your program that could cause further injury. Please be aware that deleting these exercises will not remove all of your risk of injury, it is still important for you to pay close attention to how your body feels while you are performing any of the exercises that we assign you and discontinue exercise if you have any pain or dizziness. When you have recovered from your injury, you can adjust this setting to have the corresponding exercises added back into your program.

	Neck - e.g. whiplash or strained musculature
	Shoulder - e g. rotator cuff tear, dislocation, subluxation
	Elbow - e.g. tennis elbow
	Wrist - e g. carpal tunnel
	Hand - e g. tendonitis
	Upper Back - Cervical or Thoracic Vertebrae, e.g. herniated disk or pinched nerve
	Lower Back - Lumbar Vertebrae or Sacrum, e.g. herniated disk
	Hip - e g hip replacement, osteoarthritis, or tendonitis
П	Knee - e g. ligament or recent ACL, LCL, MCL, or PCL injury
	Ankle - e.g. tendonitis or ligament injury

Figure 10e



Billing Information

There is a one-time activation fee of \$14.95 and the program is \$9.95 per month. \$24.90 will be billed to your credit card at this time, \$9.95 will be billed to your credit card monthly thereafter. You may cancel at anytime. The activation fee is non-refundable and cancellation is not retroactive

Card Type	Ca	Card Number		Expiration		
VISA				mo 💌	/ yr	Z
	VISA	Master care				

The name and billing information provided below must be identical to the billing information on the credit card you provided above.

Name on the Card	Company
Daytime Phone	Address
Evening Phone	
	ー City

Figure 10f



Membership Signup - Hit SUBMIT to Join!

Review Your New Account Request

Name

Jane Doe

Preferred Name

Jane

E-mail

imboct@aol.com (Text)

Additional Equipment

None

Schedule

Mon: 9:00, 13:00; Tue: 9:00, 13:00;

Wed: 9:00, 13:00; Thu: 9:00, 13:00; Fri: 9:00, 13:00

Send Reminders?

No

Focus

Total Body

Injuries

None

Environment

Semi-Private Office

Billing Information

Sally Imbo

VISA xxxxxxxxxxxxx2795 06/01

Shipping Information

Same As Above

Charge Amount

\$24.90

Figure 10g



my home

my exercises

my records

my settings

tell a friend

about the tube

exercise tips

Q & A

Thank you for joining Healthangel!

Order # 299 **Date** 06/27/2001 02:06 PM

Amount \$24.90 Card # xxxxxxxxxxx2795

Please print this receipt for your records.

LOOK FOR YOUR FIRST HEALTHANGEL BREAK. Your first Healthangel Break will arrive at the next scheduled time you indicated on your sign-up sheet. If you don't receive the assignment, or have any questions about completing your break, please e-mail us at info@hea thangel com. Technical support is also available by phone from 9-5 EST at 1-877-MY ANGEL (1-877-692-6435).

SUBMIT YOUR EXERCISES. Because the program progresses at your pace, your input is incredibly important to its success. When you complete an e-mail assignment, indicate the number of repetitions that you completed and press the SUBMIT button. Your workout results will be logged and used to determine your future assignments.

AWAIT YOUR GIFT. The information you've provided thus far has allowed us to set your starting points. Within two weeks you'll receive your exercise tube — our gift to you — for use with some of your assignments. The tube's color corresponds to your current fitness level. The tube itself provides added resistance to increase the efficiency of your workouts, keep it where you access your e-mail.

Figure 10h



